



BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: _____ School #: _____

Student's Name: _____
(Last) (First) (Middle)

Previous Name(s) or Alias: _____

Sex: _____ M _____ F DOB: _____ Age: _____

Pre-entrance Assessment Date: _____ Final Assessment Date: _____ Retest Date: _____

Status at Final Assessment: _____ Appointed _____ Open Enrollment

Age and Sex Minimum Scores					Pre-entrance Assessment 15 th percentile	Final Assessment (Score/P-F) 50 th percentile	Retest (Score/P-F) 50 th percentile			
	Males (<29)		Females (<29)							
	15 th %	50 th %	15 th %	50 th %						
Sit-ups (1 min.)	32	40	23	35						
Push-ups (1 min.)	19	33	9	18						
1.5 Mile Run	14:34	11:58	17:49	14:07						
	Males (30-39)		Females (30-39)		# Sit-ups Completed	# Sit-ups Completed	# Sit-ups Completed			
	15 th %	50 th %	15 th %	50 th %						
Sit-ups (1 min.)	28	36	18	27						
Push-ups (1 min.)	15	27	7	14	# Push-ups Completed	# Push-ups Completed	# Push-ups Completed			
1.5 Mile Run	15:13	12:25	18:37	14:34						
	Males (40-49)		Females (40-49)					1.5 Mile Time	1.5 Mile Time	1.5 Mile Time
	15 th %	50 th %	15 th %	50 th %						
Sit-ups (1 min.)	22	31	13	22						
Push-ups (1 min.)	10	21	5	11	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)			
1.5 Mile Run	15:58	13:11	19:32	15:24						
	Males (50-59)		Females (50-59)							
	15 th %	50 th %	15 th %	50 th %	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)			
Sit-ups (1 min.)	17	26	7	17						
Push-ups (1 min.)	7	15	4 (modified)	13 (modified)						
1.5 Mile Run	17:38	14:16	21:31	17:13	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)			
	Males (60+)		Females (60+)							
	15 th %	50 th %	15 th %	50 th %						
Sit-ups (1 min.)	13	20	2	8	OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)			
Push-ups (1 min.)	5	15	1 (modified)	8 (modified)						
1.5 Mile Run	20:12	15:56	23:32	18:52						

Students must pass each event, at the minimum 50th percentile of the above standards, in order to be eligible for the state certification exam.

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date

Fitness Specialist Signature Date

Commander Signature Date